

Adult Programs

Adult Open Gym Basketball Information - *Evenings*

The Enfield Recreation Department hosts Open Gym Basketball time for adults 25 and over. Participants must show proof of age and residency to participate in addition to having a program waiver on site where they participate. There is a nightly fee for these programs.

25 & Over

Day: Mondays

Time: 6:00 - 9:00 PM

30 and Over

Day: Wednesdays

Time: 6:00 - 9:00 PM

40 and Over

Day: Saturdays

Time: 8:00 AM - 11:00 AM

Location: Angelo Lamagna Activity Center Gym

Dates: April 1 – June 8 *no program on 5/27*

Fee: \$2.00 Residents \$2.50 Non-Residents

Reminder: Purchase a punch card good for any open gym offered above. Fee is \$20.00 for residents & \$25.00 for Non-Residents. Card is good for 10 visits and never expires. See staff member for details.

Please note that if the gym gets over crowded, residents will get first priority to play.

Adult Open Gym Basketball – *Afternoons*

The Enfield Recreation Department hosts Open Gym Basketball time for Enfield residents who are 18 & Over, Monday – Friday, April 1 – June 14 *no program on 5/27*, 12:00 – 2:00 PM at the Angelo Lamagna Activity Center. There is no fee for this program however participants must show proof of residency & age each time they attend by signing in at the office. A limited number of basketballs are available for loan or participants can bring their own.

Yoga *Ages 18 & Over*

No matter if you have never taken yoga or you've been practicing for years this class is for you! Release stress and improve personal well being this spring. Yoga will bring balance, breath awareness, stamina, and flexibility to the body and mind. Students will be able to work at their own level, modifying poses as needed. Participants are encouraged to bring a yoga mat to class. Limit 35.

Dates: Tuesdays, April 2 – May 28 *no class 4/16*

Time: 6:15 – 7:30 PM

Fee: \$30.00 Resident / 37.50 Non-Resident

Location: Parkman School Gym

Activity Number: 3605.0337.301

Zumba *Ages 18 & Over*

Join us for a Latin inspired cardio group fitness class. Certified ZUMBA instructor Debbie will have you follow her lead with easy to follow dance moves, including Salsa, Meringue, Cumbia, Reggaeton, Calypso and more. The best part is no previous dance experience is necessary. This fun, spicy and rhythmic workout will allow you to advance at your own pace. Expect to sweat, shake, have fun and burn up to 500 calories an hour! Ditch the workout and join the PARTY! Please bring water, wear sneakers or flat dance shoes & wear comfortable clothing. Limit 12.

Dates: Thursday, April 4 – June 13, *no class 4/18*

Time: 7:00 – 8:00 PM

Fee: \$40.00 Resident / \$50.00 Non-Resident

Location: *Dance Amore*, 155 Hazard Ave

Activity Number: 3605.0360.301